The Nature of Emotions Workbook Questions
Reflecting on the ebb and flow of life.

Anger:

My angriest moment that I can remember was:

My interpretation of this event was that:

The anger intensity of this situation out of 10: /10 Cool down time: /10

The outcome of this situation was:

Cool down intensity was out of 10: /10

Sadness:

My saddest moment that I can remember was:

My thoughts at the time were:

Intensity out of 10: /10

The outcome of this was:

My sadness afterwards was out of 10: /10

Fear:

My greatest fear has been:

Intensity out of 10: /10 Length of fear: minutes

After strength of the fear out of 10: /10

Love:

Other than (marriage, cohabiting) the most intense time I fell in or felt love was:

The intensity of the love out of 10: /10 After the initial intensity: /10

What made the love relationship worse was:

What made it better was:

Happiness and Joy:

What was my best or most memorable happiness:

Emotions are for:

Organizing us for actions
Providing important information for a given situation
They are motivating
Provides for communication
Adaptive to situations
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*
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Primary and Secondary Emotions:

Joy and happiness have helped me to:

Finding hope in difficult situations helped me to:

Encouraging others around me:

Love has helped me to:

Fear has helped me to:

Guilt has helped me to:

Why do emotions hurt so much?

My vulnerabilities: Yes/No

Too much sleep
Not enough sleep
Too much caffeine
Too much alcohol
Too much TV an/or Internet
Physical injuries
Emotional injuries
Finances
Recent losses
Remembering losses
Friend difficulties
Lack of exercise
Dwelling on failures
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Judgement, Self-talk & Interpretations:

1. Emotions are bad and dumb.
   This came from: (example) immature people

2. My emotions aren't important.
   This came from:

3. Others don't care so I don't care.
   This came from:

4. Expressing my feelings is a sign of weakness.
   This came from:

5. Being emotional is being out of control.
   This came from:

6. Anger isn't for women. Fear isn't for men.
   This came from:

7. I should never feel afraid.
   This came from: (example) Parents, leaders, coaches.

8. Being emotional is a sign of weakness.
   This came from:

9. Emotions always get in the way.
   This came from:

10. Emotions are for the hysterical.
    This came from:

11. I wish I never felt anything.
    This came from:

12. There is never a right time for emotions.
    This came from:

13. I am afraid of my own emotions.
    This came from:

What are your top 5 emotional beliefs?

a
b
c
d
e

My five emotional role models are: Use separate sheets of paper to expand.

1

2

3

4

5

Mindfulness to Emotion:

Being awake. Participating in your life. Learning to inhabit your own life. Being aware. Awareness is emotional regulation. Be present.

A When I feel angry I usually:

B When I feel sad I feel:

C When I feel joyful I am:

D When I finally feel happiness I feel more:

E When I feel shame I:

F I daily journal because:

Invalidation:

1. Currently I feel invalidated by

Reflecting on Invalidation:

1. What in validating messages from my upbringing do I tell myself these days?

2. What situations are most likely to trigger a self-evaluation?

3. How do I ignore my feelings and thoughts and wants?

4. How do I oversimplify problems and challenges?

Feelings, Urges and Actions

Love: The feelings we experience with love:

energy
warmth
excited
at ease
increased heart rate
physical affection
secure
*
*
*
*
*
Things I am likely to do when I feel love

embrace my partner
give gifts
gaze into their eyes
hold hands
initiate sex and affection
write poetry
masturbate
massages
*
*
*
*
*

Joy: The feelings I get when I feel joy:

cry
be with others
be light hearted
feel everything is ok
have positive thoughts
*
*
*
*
*

Interest: Feelings I get when I have an interest:

curiosity
have the urge to study
have a sense of wonder
pursue research
become distracted
have daydreams
discuss and talk to others
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*
*

Sadness: Feelings I get when I am sad:

tearfulness
crying
avoidance
isolation
being vulnerable
listen to sad music
look for pity
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Anger: Feelings I get when I am angry:

swearing
hit inanimate objects
scream or talk loud
sarcasm
clench my fists
hide my anger
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*
*

Shame: Feelings I have when I feel shame:

cry with my eyes down
have the urge to run or escape
have a flushed face
feel worthless
can't talk
*
*
*
*
*

Emotional Fallout

This consists of:
an event
an emotion
my actions
the fallout
the effectiveness of it

an event
    what was the situation? The emotions?

an emotion
    What was I thinking?

my actions
    Action urges I was experiencing like happiness, sadness, fear etc.

the fallout

Fallout and consequences of the actions

the effectiveness of it

Guidelines, promises etc.

1. Emotional event

2. Emotional event

3. Emotional event

Reducing Blocks to Emotional Regulation.
Challenging self-talk: **Rate each out of 100**

Demands on Myself:

I must do well at everything.	0
I must always have approval.	0
I am not lovable if I fail.	0
I am damned if I am not loved.	0
No one likes me if I am incompetent.	0
I must be loving at all times.	0
I must not tell others when I am angry.	0
I must be in control of my emotions.	0

Demands on Others:

Others must treat me fairly.	0
I don't like being treated badly.	0
Poor treaters need to be punished.	0
If I don't get what I want, others will pay.	0
If people do what they shouldn't, there's an end.	0
I can't like others who have let me down.	0
If I don't get what I want it's disaster.	0

Demands of the World:

Life should always be easy.	0
I can't stand challenges.	0
There should never be pain.	0
It's not fair when things don't go my way.	0
If I am good, the world treats me well.	0

Self-validation to Overcome Difficulties:

1. Describe a situation that you have found difficult or have experienced many times?

2. Based on my history and present skills, how does my current behaviors and difficulties in this situation make sense?

3. Write out specific statements of self-validation:

4. I would like to just be accepted again. I want

Self-validation that Stresses the Positive:

1. Describe a positive situation you have had:

2. What are the emotions you felt?

3. Do my current behaviors make sense?

4. Capabilities. What did I do right, do well?

5. What would it be like to trust my own emotional responses?

6. Do I have a commitment to act from my primary emotions?

7. The best aspects of my efforts, motivations and goals?

Lifestyle changes from Emotional Resilience.

Increases Positive Emotions.

1. My idea of fun:
2. How did my parents model fun?
3. What are my obstacles to having fun?
4. I have no hangups about having fun.
5. Why do I enjoy my friends?

6. I don’t think fun is frivolous.

7. How can I integrate fun into my life?

8. What would it take for me to be more fun?

9. What would be a pleasant activity?

10. What positive emotions have I noticed?

11. What wrong thoughts do I have to let go of?

Relationship Skills:
An emotionally skilful life.

1. How did my family respond to my needs and requests?

2. Was I encouraged to express my own needs?

3. How did I get people to take me seriously?

4. How did my emotions get in the way of my needs?

5. Am I skilled at accepting ‘no’?

6. Am I better at interpersonal effectiveness than I used to be?

7. How do I show my family that I take them seriously?

List and discuss five people who are extremely difficult and assertive and cause emotional suffering:

Inter-personal Effectiveness

1. What emotion skills came to me most naturally:
   (Example) I am a Yes man.
   I have trouble saying No.

2. What motion is most difficult to practice?

3. Situations where I practice my skills?

4. Emotions I have experienced?

5. Obstacles to my practice of emotion?

Intimacy Skills

Relationship Conflict (s):

What was at stake in the relationship?

My feelings about the relationship?

My partners feelings about the relationship?

Making Repairs

Situation needing repair:

Damage or offence to me?

Identify specific behaviors I found offensive?

Is the other person willing to repair?

What was the outcome?

Other persons receptive to the repair?

Did I get what I wanted?

Survival & Acceptance

My crisis situations:

(Examples)
Fired from a recent job.
Numerous relationship breakups.
Behavioral disapproval.
Loneliness and sadness.
Embarrassment.
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My obstacles:

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